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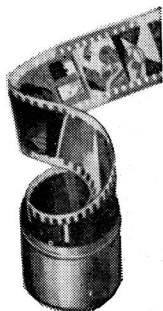


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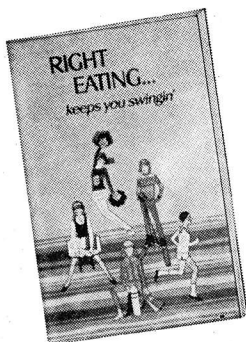
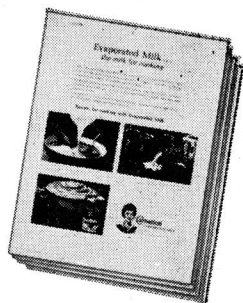


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PRESIDENT'S MESSAGE

For many of us the address 151 Slater Street, Ottawa, is a most familiar one. This of course is the site of CHEA's national office.

But behind the address is our most valuable asset — the General Secretary of the Association, Jean Bradshaw.

Mrs. Bradshaw has been with the CHEA for ten years. During that time, she has worked closely with six Presidents and Boards of Directors as well as keeping in touch with every member of the Association.

Her tremendous wealth of knowledge is invaluable to us all. We hope she has enjoyed her decade of service to the Association — and that she will continue to preside over our Ottawa office for many years to come.

Maxine COCHRAN

FAMILY RESOURCES AND THE CHALLENGE OF CHANGE

by ROBERT L. JAMES, B.A., M.A., PH.D.

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University of Toronto*

I would like to begin this discussion of family resources and change with a very brief consideration of the nature of change as it is frequently viewed by sociologists who are concerned about the family. This will be followed by a statement concerning some aspects of family resources and the raising of what are hoped to be meaningful questions in connection with the whole problem of family response to social change.

The particular title of this discussion, "Family Resources and the Challenge of Change", makes several basic assumptions, three of which should be mentioned. First, there is the assumption that change poses either some kind of threat to what exists, or at least poses a problem. Probably most of us have something like this in mind when we begin to think about the family and change. This particular assumption may or may not be valid. Second, there is the assumption that the family, whatever our conception of it may be, is worth preserving, or is worth improving. Again, this assumption may or may not be valid, especially in the light of the types of change we are presently experiencing. Third, there is the assumption that the family seen both as a social institution and as a grouping

of individuals in close and intimate interaction with one another, can be changed by human effort. And this assumption may or not be valid. These three assumptions, namely, that change poses a problem, that the family is worth saving, and that human effort can guide family change, are made explicit because they provide important points of departure and insights in the discussion that follows.

When we talk about social change, what, essentially are we talking about? First, in making reference to change, particularly to social change, reference is to a modification of something. That modification may take several forms. It might involve a replacement of what has been with something else. One may give up Christmas in preference for a holiday in the middle of the summer, or one spouse may be given up, and another acquired. This "exchange" type of change involving patterns of behaviour as well as ways of thinking, represents a very common form of change. There is another form of change suggested in the use of terms like deterioration, degeneration, decline, and so on. That which was healthy or vigorous at one time has become, for a variety of reasons, less so. Or, at least it has come to be viewed in that way. Sometimes, the reverse is suggested by terms like growth, progress, maturation, etc., where the no-

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tion of strengthening or improvement is present. For the most part, however, it is the former type of process which currently receives the most attention and causes the most concern.

The modifications referred to can occur in one or several areas of society. They may occur at the abstract level of societal values, goals and life objectives. They may occur at the level of family life goals, with various values becoming more or less important over time, or with some values being replaced by others. Such change has obvious consequences for the behavior of family members in their various roles, with roles themselves being subjected to modification, replacement, and variations in emphasis. Attitudes and sentiments associated with family life also undergo modifications in relation to the above, sometimes following and sometimes preceding changes in other areas.

Finally, change may take the form of some modification in the sanction system related to family life, that is in the system of rewards and punishments we associate with conforming to certain forms of behaviour or which follow violation of certain codes. Sanctions, whether religious, legal, or more informal (e.g., in the nature of what neighbours think about our daily behaviour and how they react to it) may become weakened over time, thus less effective in bringing about certain forms of behaviour, or they may be replaced altogether.

Essentially, there are two major sources of change usually considered with respect to the family, and what is happening to it. One of these sources very obviously is what is happening in the rest of society, exterior to the

family, so to speak, and which has an impact on the family. The changes in the economic situation, in the political arena, and in our religious institutions have profound effects on the family. We live, work and play in non-family situations and behaviour affected elsewhere will affect behaviour in the family. Since the family is closely inter-related with other institutional forms, changes in other parts of society will ultimately have an effect on the family. Sometimes this results in a view of the family as a *dependent* institution, moved hither and yon on a vast sea of change as a consequence of broader social forces, and with no particular impact of its own. This has been a popular view recently, and has resulted in questions being raised as to the significance of the family in the present scheme of things.

On the other hand, there is a source of change much more intriguing to the social psychologist and other students of interpersonal relationships and their consequences, not only for the specific family unit, but for society. This involves a consideration of the consequences, flowing out of the intimate relationship of one person with another as this takes place in family life. One of the first aspects of this which strikes us is that such relationships over a period of time produce changes in the participants, sometimes subtly, sometimes dramatically, and frequently in unexpected directions.

Think back a moment to the first view of your spouse immediately after the marriage ceremony: the sentiments felt, the images held, the expectations which existed. Now look at the spouse after two years, or ten years, or twenty years of marital interaction. What has

happened? Of course there have been changes, in both parties, not only actually, but in the way that things are viewed. Behaviour and perspective change as a consequence of interaction. Some of these changes are functional, that is, they contribute to the furtherance of family goals, the solidarity of the relationship and so on. But some of the changes may not be so functional. What is the functionality in this respect of a gain in weight, of falling hair, of the acquisition of various mannerisms and habits which occur over a lifetime? More important, how are these viewed and reacted to by the other person in the relationship? "You weren't like this before we were married" is probably one of the commonest statements made within the marital relationship and reflects in many instances consequences of the marital relationship itself. That such changes have significance in non-family situations suggests that the family may be an important influence on society and not just a dependent institutional form.

One of the more significant types of change in this area is represented by aging, not only as a type of change in itself, but as a source of change. There are effects on the capacity to relate to others, to carry out family roles and to interact as a consequence of aging. Some of these consequences relate to the fact of increased longevity, with life expectation increased to over 70 years. As a consequence, a whole new range of biological problems have occurred. Certain diseases of the aged do not exist until people age. Perhaps of greater significance, however, is that relationships also may "age" as well. There may be certain social and psychological problems which do not exist

in young relationships, but which appear with the aging of the relationship. Something very significant may happen to relationships which last longer than a few years — perhaps an "obsolescence" occurs, a wearing-out process with respect to the interaction. We are only beginning to realize in a vague way some of the intricacies of prolonged interaction. However, we do note that the longevity of persons being increased has increased the average number of years persons are married, and further, that the divorce rate among those married over twenty years has begun to change rather dramatically. Again, this would not occur if people did not live long enough to be married twenty years. What the consequences of solving present biological problems of the aged will be, thus prolonging life further, we cannot say, but it is certain that a new range of problems will be brought into being by such changes.

The implications of this lead to further emphasis of a previous point, namely that the family is a force of significance with respect to the shaping of individual personalities throughout their lives, and thus a force of significance with respect to the nature of society itself. After all, the institutions of society exist in the behaviour of persons, and if that behaviour is shaped by family experience, not only early in life, but during the entire life-span, then the institutions themselves will be influenced. The more accurate picture, of course, is that the family and the rest of society are interrelated, and forces and changes arising in both affect each other, with further changes as a consequence. Sometimes this results in reinforcement, in acceleration,

in building up a momentum relating to the interplay between family and society such that certain types of change are difficult to control, if there is an interest in bringing them under control.

What, then, are some of the specific manifestations of family change which have formed the subject matter of so much discussion in recent years? One such manifestation has been referred to as the transfer of family functions, or tasks, from the family to non-family institutions and systems. Economic, political, religious and security functions have, to a great extent, become the responsibility of other institutional forms. The socialization process itself, once almost completely the task of the family, has been in large part delegated to public and private school systems, although, for the most part, the family remains the sole socializing influence for the very early years of childhood. Whereas, in former times a person was bound inextricably to the family because it was the only source for the satisfaction of basic needs, there exist today other alternatives for most persons. Thus, the family seen as a number of persons tied together by certain types of bonds related to fulfillment of basic needs, finds itself based on fewer bonds for cohesion and stability. If one may find satisfactions elsewhere, the necessity of staying with a particular person in a particular relationship is reduced.

One of the functions remaining to the family is that of procreation, but it is doubtful that this involves a long term bond holding persons together. Socialization of the child, and consequent emotional ties, operate to establish long-term relationships, but they

are relationships of obligation to someone, not dependence upon them. And, as mentioned above, this function is increasingly shared with professionals and school systems. Both precreation and socialization functions, in themselves, are fairly tenuous bases for the existence of long-term relationships between parents. It is in the emergence of the affectional function that we find a major basis for the establishment of relationships, and their continuation. This affectional function is certainly based on basic human needs, and probably on some acquired dimensions as well. Its fulfillment requires the capacity of others to respond. But its nature is somewhat different from the physiological needs. In former times, the "belly-hungers" occurred day after day, regardless of one's feelings about another person. Food, clothing, shelter and protection were prerequisites to survival, and thus bound persons together. Whether there was an accompanying emotional tie is not certain, but its existence was not necessary for the physiological functions. While affection may be necessary, its manifestation, either in terms of giving or needing, is not quite so automatically repetitive. Affectional feelings come and go, influenced by relatively minor things. We fall in love, and out of love. It is a much more delicate and perhaps more transitory type of relationship, and requires much more cultivation for its more permanent expression. This is certainly obvious when we examine this affectional function through the life-span of the marital relationship — examining it in terms of changing expectations, capacities, and motivations. Yet, it is this particular function which really forms the

basis for the establishment and continuation of family units today, and against which people make all kinds of decisions about the success or failure of their particular relationship. It is here that such high expectations exist, with their realizations affected by whether or not the table is correctly placed, the meal palatable, and the welcome home embrace as stimulating as last year.

Second, the family may be viewed as involved in another form of change, in what may be seen as a kind of "catching-up" operation. Reference here is to the attempt to fit the family, or accommodate the family, to the changes taking place outside of it. We do not attempt to change the industrial system, or the school system, or the political system to provide a better context for family life; rather, the external changes occasion responses on the part of family members, and often in the system itself. A good example would be the adjustments families must make to shift work or specialized schedules, with the entire family routine modified to suit the demands of the external institution.

Third, a very profound change has manifested itself in the changed conception of the nature of family life and expectations concerning it. Traditionally, one entered family life with the feeling that the ensuing activity was somehow related to the welfare of the community, or the larger society. The maintenance of group well-being was important and in one sense the individual was committed to the carrying out of certain fundamental social requirements. The major concern was whether this commitment was carried out well, regardless of the implications for per-

sonal well-being or satisfaction. The individual did not have much to say about the nature of his interpersonal relationship, let alone have expectations about it being fun, or leading to happiness, or self-fulfillment. There was a task to be performed, so that things would continue as they always had. However, in the present, people expect to be happy, to be self-fulfilled, while carrying out vital tasks of procreation, socialization, and others associated with family life. If such expectations are not realized, there is a tendency to judge the relationship as not worthwhile, and to break it, usually without much consideration as to any social consequences of a broader sort. Keeping in mind the fewer number of bonds holding persons together, and the nature of the affectional relationship and expectations concerning it, it can be seen that a major consequence is a family relationship of a certain tenuousness. To what extent are we entitled to demand happiness and self-fulfillment in the performance of tasks of vital importance to the maintenance of community and society? Obviously, individualists have found one sort of answer.

Finally, there have been manifestations of change in the emergence of modified roles and statuses with respect to the roles and statuses of men, women and children in family life. Since so much has been said about these changes, no further discussion seems necessary at this point. Women have gained in relative power in family relationships, men experience anxieties and tensions as a consequence, and an entire system based to a large extent on relative inequality, especially in decision-making, is shaken. How are

the traditional affectional roles to be played, when the partner is now perceived as an equal, with equivalent needs and rights? The process of adjustment to this sort of change, and its consequences for family relationships in all ways, has just begun. What will emerge is at best dimly seen at this moment.

What, then, in the light of these kinds of changes is the nature of the challenge? It seems to me that the fundamental challenge, sensed in the conversations of young people particularly and on the part of those who make it their major concern to question the status quo, relates to a questioning of the necessity of the family itself. It isn't just the question of "why get married" asked by those unconcerned about protocol, but a more fundamental question relating to more permanent commitments of person to person, and parents to children: the foundation of the family itself is challenged.

As a consequence of technology, of specialization, of the availability of alternative forms, perhaps the whole business we call the institution of the family can be divided up and parcelled out to more effective, more efficient and functional non-family systems, thus accomplishing present family life objectives at least in a neater fashion. In the light of this, the challenge is to find some possible justification or demonstrate some sort of relevance for the particular form of family which has been around for such a long time, or if not, to provide some modified form which will be an improvement with respect to family tasks. Only in this way can the various views that the family is obsolescent in today's world be countered.

The second aspect of the challenge as I see it is that there are still many people in society who react in a particular way to any form of change, or innovation, even of the type designed to meet the sort of challenge detailed above. Change itself is viewed as a threat, because people have a stake in the way things are, and the consequences of change cannot be anticipated. Change is painful to some. To say on the one hand "change or die" suggests a harshness not intended. We may not have reached this point as yet with respect to the family, but we are close to it. We have been able to see what has happened to other institutional forms which have not been able to change, and also to others who have been able to respond to new conditions, and thus survive. Family life is still popular. Marriage is still a life goal of the majority of young people. But we are at a critical point with respect to the meaningfulness of all of this, with respect to its functionality in the wider scheme of things. Without being able to change to meet new challenges and new demands, the family, as a viable system, is more threatened than ever. Those who unthinkingly resist change for its own sake unwittingly contribute to an earlier demise of a long-standing, and still significant, institutional form.

If there is anything required at the present time with respect to response to challenge provided by change, it is sufficient flexibility, sufficient adaptability to innovate, to try the new, and reject, adopt, or modify in the light of experience. Overly rigid trees break before the wind; buildings with no tolerance factor crumble, and institutional forms must be adaptable as well.

Of course, not all innovations involve improvements, but because of that we cannot rule out any sort of innovation, nor should we make it more difficult for certain groups or individuals engaged in sincere attempts to find new and better ways to meet old problems. We may be able to learn a great deal from their efforts, from their successes as well as their failures. In the whole process, there must be as much concern for those who try and fail, as well as those who find it meaningful to remain committed to traditional ways.

With some aspects of the challenge described, what are the resources which are available to us? The response to such a question will, of necessity, be partial, and it will not include discussion of more obvious resources, such as welfare services, trained personnel, and the like. I would like to concentrate, rather, on some dimensions of family resources not usually discussed.

First, the meeting of one of the challenges mentioned previously will provide one of our most important resources for meeting change. If we can provide a meaningful rationale or a justification for the existence of the family, we will have provided a basis from which to meet and to cope with all sorts of change. The life of the family depends on one generation being able to commit the next to a particular form of behavior. Without being able to provide a reasonable basis for such commitment, that next generation will move in different directions, will, in fact, provide its own alternatives. No longer can we count solely on parental say so, or suggestion, with respect to forms of behavior.

The starting point in the development of a rationale for family life

seems to be the recognition that certain types of needs related to security, affection, belonging, meaning, etc., are fundamental to human well-being and that they require responses both satisfying and continual throughout the life of the individual. Looking at the various institutional forms developed by man, we can find no other system in which these kinds of needs represent a first concern. It is the family which has emerged as the major source of satisfaction in this respect, and which continues to possess the greatest *potential* for such satisfaction. This does not mean that the family has always met the challenge. After all, it is only in the last short period of time that we have begun to really think about the family in relation to this type of task performance. What is suggested, however, is that the ideal underlying family life provides a goal, whose approximation is achieved through the establishment and maintenance of good family relationships, with consequences related to the fundamental human needs referred to above. The possibility of establishing such relationships is great, perhaps more so today than ever. This, in turn, will transform what is potential into reality. There are no other institutional forms on the scene with the same potential for providing warmth, understanding and response over long periods of time. And, significantly, if any such institution were devised, it most likely would appear in the form of relationships we now refer to as "family".

But there is another aspect to this question of rationale. We must face up to the fact that in relation to our basic natures, whether we talk about physical, psychological or social fac-

tors, some form of grouping on the part of responsive individuals is necessary. Family life reflects basic needs: the need to provide long-term care for infants born in a helpless state; the long period of maturation before a degree of independence can be achieved, the long learning period typical of humans and various emotional capacities which require some development for the achievement of a minimum of humanness. The family can be seen as a development of response relationships to such needs, as well as the consequences of numbers of people interacting with one another while making such responses. These include habituation, custom, tradition, and the emergence of security as a consequence of relationships which one can count on as providing satisfaction. Perhaps this is the basis of affection in the final analysis.

The development of a new field in sociology, "bio-sociology" has provided a number of insights with respect to this whole question. We now recognize that we are a part of a total life scheme, that we are not completely different from other life forms, and that there are certain very fundamental behavioral prerequisites which must be met if we are to achieve approximations to our human potential. Other life forms, particularly among the higher mammals, have rudimentary family systems. When the human individual is separated from family relationships, either early or late in life, serious effects, both physical and psychological, are observed. It may be that departure from forms of family life (whether one wishes to call certain kinds of relationships "family" or not, is immaterial at this point — it is the function performed which is impor-

tant) is at our peril with respect to achievement of human characteristics. One cannot long survive without response of others; too long a separation and the capacity to respond is also lost. If such represents important human values; worthy of preserving, then the family, itself, is worthy of preservation.

A second resource available for meeting the challenge includes, obviously, the nature of the individuals involved in family life. But this opens the door to a rather sensitive area, and only recently have we begun to examine some of the implications inherent in the suggestion that good marriages and good family life require some special capacities and skills. For most persons today, the family is no longer the sole preoccupation: men, and a significant proportion of women have careers and occupations outside the family. Thus, family represents a dividing of one's energies, time and ability. What sort of conceptions of family life exist among those with serious deductions elsewhere? What kinds of skills do they bring to the family? What potential exists for the development of new skills? What is the energy reserve after a day devoted to non-family pursuits, and what amount of this exists for apportionment to various family tasks and members? If there are inadequacies or shortages in these areas, is it family or is it job that is slighted?

One form of resource which exists as a partial response to these kinds of problems is family organization. Optimum use of energy, time and human resources will aid in meeting some of the difficulties which the family experiences as a result of a changing society.

Required, of course, is the acquisition of a broader range of skills on the part of both men and women as a prerequisite to a much more flexible division of labor in family life. A purely sexual division of labor is no longer functional under contemporary conditions, nor should it be expected. But organization may be too rigid, and may involve a commitment of persons to form rather than to getting the job done. If family members commit themselves too rigidly to limited roles, true cooperation and the ability to meet emergency situations cannot take place. And without this, family, as such, disintegrates. Avoidance of crises which disrupt family functions, or which fracture the family completely, depends on the development of human resources, on more fully realizing the wide range of behavioral potential existent in every human being. This assumes a reconception of the nature of the family and the place each member has in it.

In our consideration of family resources for the meeting of change, we encounter a fundamental difference between family and other areas of life. In many instances, problems, or crises, can be met in the light of past experience brought to the situation by the individual. We have opportunities to prepare ourselves, in advance, for many kinds of situations: training for the professions, simulated learning situations and fire-drills for emergencies. Thus, one may more readily solve or cope with problems of various sorts as they arise. In these respects, experience becomes a significant resource.

But where is the equivalent of this resource with respect to the carrying on of family life? Some experience can be gained vicariously by reading about

family crises, problems and solutions. However, this is not the same as the real thing; it is not even good simulation of the real thing. Where is the equivalent with respect to premature birth pangs, the injured child, the incapacitating accident, an inadequate sexual response, the various forms of honeymoon crises, and so on. Our value system does not allow for "practice" and drills here. Moreover, much of family experience is "first" experience: one only loses virginity once, has a first child once, has the first marital quarrel once. In much of family life, there cannot be such preparation—the experience is acquired at the meeting of the first problem, the first crisis. It is at this point that the ability to cope must be present prior to the situation itself, but without having had experience with the situation. Until such time as we can establish "real life laboratories" we will have to play it by ear, and depend more upon underlying human capacity for response and understanding. Perhaps that is the more human way to deal with the problem anyway. Good family experience will provide capacities to adjust even if not providing a routinized response to a specific situation. The development of such a resource will go a long way toward meeting the challenge of change.

I could not close this discussion in good conscience without reference to what seems to me to be a most vital issue with respect to family resources and the challenge of change. If we recognize that relationship, both in being and potentially, cannot be more than the capacities and skills of those participating, if we recognize that the human being is both consequence of,

and cause of, good family relations, then perhaps our most important resource lies in a better selection of those who are to relate to one another in families.

When it comes to our family physician, we want some evidence that he is prepared to do a competent job: we require him to be licensed. The same may be said to be true of dentists and lawyers and teachers. Various professions require training and certification. Other jobs require apprenticing. But all require the demonstration of minimum skills prior to the time the person is allowed to engage in the activity in question. When it comes to marriage, however, what is it we ask of the persons about to participate? In most cases, the barest minimum is required: age, ability to write one's name, a fee for the license, and not already having a spouse. What, may be asked, does this indicate with respect to skills and capacities associated with the carrying out of a long-term relationship with another person, a relationship which will result in significant changes in both parties? Anyone can marry, has the right to marry, subject to the most minimal of requirements. We are more stringent with respect to licensing drivers of cars than we are with respect to what is probably a more crucial kind of behavior insofar as impact on others is concerned. Perhaps we should ask questions about the person's capacity to carry on long-term and intimate relationships with others, as well as attitudes toward various aspects of marital life.

But of greater significance is the parent-child relationship. Adults, at least have some alternatives to a poor marital relationship: they can walk

away from it. But children, particularly very young ones, have no such alternative if they are born into a poor family situation. They must stay, and must be affected by whatever is taking place. The role of parent requires very special skills, if we are to believe those who indicate just how crucial the early years of childhood are. But what sort of evidence of ability to socialize others do we ask prospective parents to submit? Again, almost anyone can become a parent, with no questions asked as to fitness or capacity. Since the child rearing task is the most crucial task performed in society, we should begin to question the assumption that everyone has either the right to have as many children as desired, or the capacity to socialize successfully those which they do have.

The family as an institution may be strengthened through the establishment of better individual family units. This can be accomplished through a more reasonable and effective process of (a) selection of persons for marriage, and (b) selection of persons for the critical role of parents. Perhaps not everyone should marry. Most certainly, not everyone should become parents. The finding of acceptable ways of ensuring a better pairing of individuals for marriage, and the recognition of differences in ability to rear children would yield family resources for meeting the challenge of change beyond our present comprehension. That such ways are available without violation of either basic human rights or of present values can be seen with but a little reflection concerning existing precedents. The most important point to consider, however, is the right of the yet-to-be-conceived child to experience

the best possible set of human relationships for the development of his own human capacity.

The way seems clear, as unpalatable as it may be to some. It is the way of planning and attempting to anticipate difficulties before they occur. It is an attempt to avoid leaving things to chance or emotion, although emotion is a wonderful thing indeed. But we have reached a point where necessity, and right, and privilege have different referents as a consequence of changing conditions. It may no longer be a right of persons to have large families; it may be that twenty-five years from now, the privilege of parenthood will be extended on the basis of one's demonstration of capacity and concern, not as a consequence of accident, or blind obedience to archaic injunctions. If we do not manage our human resources better, then the problems associated with poor natural resource management will appear trivial indeed by comparison.

I would close by saying that I feel that the family will be around for some period of time yet, that it may take a different form, but that essentially, the same sorts of functions will be performed. I feel strongly that we will be able to find better ways of doing things, and that this most important institutional form will develop present resources and find new ones with which to meet the challenge of change. I feel all of this in spite of some of the short-sightedness of many of those who practise family relationships. The family has survived a lot more than that in its long history.

A great artist is seldom quite satisfied with his creation.

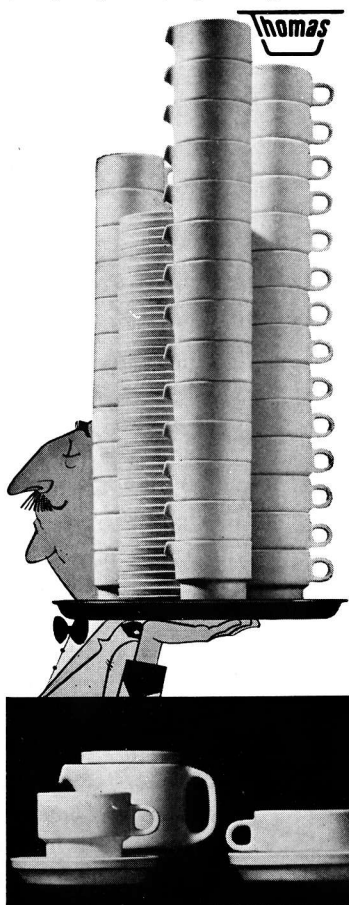
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MISS ANNE Y. BURNS

Miss Anne Y. Burns was born and educated in St. John, New Brunswick. She graduated from Mount St. Vincent University, Halifax, then completed her dietetic internship at the Ottawa Civic Hospital. Anne has continued her education by graduating from Teachers' College, Fredericton, N.B., Master of Public Health from the University of Michigan at Ann Arbor, Master of Education from the University of Ottawa where she is presently a Ph.D. candidate.

Before her present position as Educational Consultant, Child and Maternal Health Division, Department of National Health and Welfare, Ottawa, Anne taught at the Dominion-Provincial Youth Training School in Moncton, N.B. as well as in the public school system in St. John, N.B. Her summers then were spent as dietitian and counsellor at summer camps for children.

Miss Burns has been an officer with the Department of National Health and Welfare since 1944 as Supervisor of Nutrition Education in Nutrition Division until her present post in 1959. She has carried out a wide variety of educational programs including filmstrips, posters, booklets, technical advisor for films of health and nutrition as well as refresher courses for nurses and teachers. She is actively engaged in community work and is currently the Lecturer in Public Health Nutrition at the School of Nursing, University of Ottawa.

Her active life includes time for being a member of several professional organizations and includes being Chairman of the Family Life Committee and Secretary of the Joint Committee of Home Economists and Social Workers for the C.H.E.A.

Anne believes "our profession possesses a philosophy and a combination of special skills centred on concern for the human being. Its uniqueness enables us to be a powerful, positive force against the terrifying tide of dehumanization, as we assist family members to utilize, in the home and in the community, the advances of technology for man's betterment".

When not studying or lecturing, Anne enjoys travelling abroad and entertaining at her summer cottage on the Gatineau River.



MRS. BARBARA PATTILLO

"Home Economists must broaden their vision to see their actions in the light of national interests and image. In the Seventies, if we are to survive as a separate discipline, with clear areas of professional interest and responsibility, we must be ahead of the times; we must lead. This calls for imagination and foresight of a high order at the national level and the active involvement of every member". These are some of the thoughts expressed by Mrs. Barbara Pattillo, Provincial Director in Nova Scotia. She sees her present position as the "liaison between the local and/or national level". To help fulfill this, Nova Scotia appoints the Past-President of the Provincial Association to the post of Provincial Representative to CHEA thus ensuring that she will know whereof she speaks.

Barbara was born in Nova Scotia and received her primary, secondary and university education there. She received her degree from Acadia University with a major in Foods and Nutrition. This was followed by dietetic internship at T. Eaton Co. in Toronto, then working there as a graduate dietitian. Her other experiences include being dietitian with S. S. Kresge Co., Sudbury, teacher, Truro Public School Home Economics Department and presently is Head of Home Economics Department, Truro Junior High School.

Mrs. Pattillo is currently a member of the Nova Scotia Home Economics Association and is the immediate Past-President. She is also a member of the Canadian Dietetic Association.

Barbara's other interests centre around her engineer husband and four teen-age children. Hobbies include reading, sewing and cottage building.

SOCIETY'S CHALLENGE OF CHANGE

by **ROBERT B. McCLURE**, M.D., F.R.C.S., D.D., L.L.D.

To say that we live in times of revolutionary changes in our world is a cliché to us today. I make no apology for using a cliché, for it is true. But it seems to me that when we speak of revolutionary changes we should realize that they are of two kinds — there are both waves and tides. Like ships on a poorly charted sea of life, we are buffeted by the waves. We notice the waves; waves make news; waves can wash people overboard; waves can swamp the ship. Waves are often spectacular, but they are just waves. Tides are not obvious. They can cause a drift of six to ten miles an hour and make no noise about it. They can take us far off our course in a day's run and we'll hardly notice it until disaster strikes. They can carry us into shoal areas and on to hidden rocks. Tides make no fuss. Their power and direction can only be detected often by taking careful readings on fixed points. If we are close inshore we may spot a lighthouse or a buoy. More likely we have to take bearings periodically and frequently on such vague things as invisible radio beacons or on fixed stars with mathematical calculations to follow, all subject to error. The fixed point is still fixed. So tides are simply not news. Changes in wave pattern may tell us we are drifting dangerously because of

tides. One of the ways by which you can notice your changes is that the wave pattern changes but it is the tide that is taking you there. Let us look then at both the waves and tides of this modern society.

Demonstrations, riots, brush-fire wars and political re-alignments are the waves of social change in world thinking. They are usually limited by those vestiges of the past which we call nationalism and show on maps as national boundaries. Too many people today still give lip service to nationalism and national boundaries. In all cases this is superficial and in many cases it is downright hypocrisy.

In actual fact, in our daily life we are forever jumping over national boundaries. The coolie in Malaya or Ceylon as he cuts the bark on a rubber tree is going to be paid by a decision made in a board room in Akron, Ohio by Goodyear Rubber Company or Firestone, but you cannot drive your car without his rubber. How thoughtlessly we nibble on our chocolate bar, but the tenant farmer in Ghana wonders what is wrong that prices on his cocoa beans stay down, or the cane cutter in Cuba notices low prices for sugar when his product was priced by a board meeting held in a Birmingham suburb in England. So it goes around the world. The prosperity and the very destiny of millions is decided half a

Edited from speech presented at the opening session of the joint convention C.D.A. — C.H.E.A. Toronto 1970.

world away. Let's face it — the deciders are not always too concerned about the welfare of him and his family. The cotton farmer in India finds the market going steadily down, yet the cheapest buy in a sari for his wife contains synthetic fibre made from Canadian or Finnish pulp. This little man, even if he organizes regionally and becomes most violent can only produce a ripple, not a wave. As we turn to instant coffee, we seldom realize that we have slapped the Brazilian farmer badly and handed out a bit of a bonus to some planters in Angola in West Africa.

It is because we are, each one of us, so involved beyond our national borders that many thinking men today feel that nationalism as we have understood it up to now is out of date. Men like Stanley Burke feel keenly that we should wake up and realize this with a broader view of our world as it is today. Any change is going to be brought about by changes in our individual minds. The individual minds that count are those in positions of leadership. We are technical people, but we must increase in our philosophy rather than in our technology today.

Now, about tides. The crew on Apollo 8 snapped a picture. They thought it demonstrated something about space flight. Their space achievement has long since been surpassed. Their picture is the symbol of a new era. Marshall McLuhan knows a bit about communication. He says that the picture from Apollo 8 is unique — unique in two ways. Firstly, it has been seen by more people than any visual image in human history. Secondly, for the first time in history a picture means the same thing to everyone who sees it. To the herdsman in Mongolia, to the

paddy farmer in Thailand, to the business man in New York and to you and me, that message is clear. It says, "We're all on here together. It's all we've got, and we'd better make the best of it." This is a tremendous change in attitude. It shows no national boundaries. It shows no colour area — it doesn't show parts of the world reserved for black, for white, for red, for brown. This new attitude towards our world was showing before, but has been rising like a tidal wave ever since the space program success.

Let me illustrate what I mean by this drastic change in outlook. From 1950 to 1954 I was immersed in the culture of the Arab Moslem on the Gaza Strip. I remember one day a mother coming with her year-old baby. The baby was moribund. It had a large abscess of the neck from the lower jaw down to the collar bone. It had been ill for two weeks. The Gaza Strip was only twenty miles long and five miles wide. The woman could not have lived more than fifteen miles from the hospital. Yet she had waited for two weeks. When I saw that abscess, I couldn't help but reprove her, I bawled her out for the stupid delay. She took it all with tears in her eyes, lifted her face toward heaven and said "Min Allah". It is from Allah. I went to India and in a similar situation the exclamation was, "It is our Kharma". It is my fate! It used to get one down at times.

This was true a few years ago. That is all gone now. You do not hear that talk anymore because the idea has changed. It has been displaced by the Revolution of Rising Expectation. What is this tidal change of thought that is sweeping the world? We ask

about the race problem in the United States, "What does the negro want anyway?" We ask about our Indian and Eskimo population, "What do they really want?" Nearly every country in the world has its disadvantaged minorities. Turkey had the Armenians; India had the Bhils; Viet Nam had Montaniard; China had Lisu; Burma has Karens and Kachins; Iran had the Kurds. Everyone has them. Everyone asks, "What do they want?" How simple is the answer. "Just what you have and what you enjoy. I want a bit of that." This is the Revolution of Rising Expectation.

Well then, what is so new about this? Well in a world shrinking from improved communication, the person on the other side of the world now knows what I've got. We supply him with picture magazines, movies, advertising, television and tourists. We show him what we have, and how nice it is for us. He says he would like some of that, too. His grandpapa and his papa didn't know what we had because of lack of communication. In fact, in his grandpapa's and pappa's day we didn't have it either! This is why it is such a revolution.

The space program showed mankind what? That man could walk on the moon? Do you think the rubber tapper in Malaya, or the cocoa farmer in Ghana cares about the backside of the moon? That's your interest, that's not his. He has to live on what looks like the under side of the earth. The space program success proved to him three things. He thinks it did anyway. (1) almost everything is now scientifically possible. (2) If you want it badly enough and are ready to pay for it. (3) If you can get a big enough and

technically high-powered enough team together and co-ordinate their efforts. This is the message that got to the "third world" and the third world is the vast majority.

Sixty-six per cent (66%) of the people in the world are going to bed hungry tonight. WHO says that in the first three months of 1970, out of every ten people who died, seven died of malnutrition. Canada has 1.15 billion bushels too much wheat. The tide of revolution is running.

It would be presumptuous for me to tell you details of what is to be done. No simple answer exists. We, in Canada can, and we must adapt to this new world thought. Working in our own institution, our own community, and our own country, we can lead and stimulate thought. We can plot some steps in a nutritional problem of this kind. We can think in global terms.

So we come full circle. The ancient philosophers told us we were our brother's keepers. The sage has said, "All men within the four seas are brothers." The space age gives the same challenge in new words, "We're all on here together. It's all we've got; let's make the best of it."

Man shares with all animals the first two stages of animal development: sensation and percetpion. It is the third stage, conception, that makes him human. To sense a thing and perceive it is commonplace: to read, witness or hear something and to come up with a conception is an accomplishment that belongs to man alone.

AN EXPERIENCE IN LIVING

Lake Couchiching Conference 1970

by LOUISE V. D. SEAMAN, B.Sc., M.A.

Past-Chairman — Family Life Committee

Introduction

Early in the spring of 1970, I was asked to represent the Canadian Home Economics Association at the Couchiching Conference on 'Love and the Establishment'. Many national organizations of all types were represented, not that we were to advertise ourselves as such, but that the conference planners wished a wide cross-section of Canadian life to be represented; supposedly to take back to our respective groups an account of what went on.

Now, "at long last", I am reporting to C.H.E.A.!

Because of the nature of this conference, a concise factual report seems inappropriate. Rather, an account of impressions gained, and of the impact on individuals, written in article form, would seem to be more valuable to the readers and convey a better reflection of this unique assembly.

Sufficient details to make the report of practical value will be to give names of speakers and leaders, and the general arrangement of the program.

The conference itself was a real experience in living, hence the title of this article.

Nature of the Conference

From the letter sent to me as an introduction to the conference theme, I quote,

"You will have a special interest in this year's Couchiching Conference

because it will examine the changing nature of family relationships, sexual morality and sexual identity.

"Our theme is 'Love and the Establishment'. We shall examine the institution of marriage and family, communal living, the impact of industrial society on family life and personal identity, the emancipation of women, etc."

Here I would like to insert a paragraph from the brochure sent later:

"LOVE AND THE ESTABLISHMENT"

"This year's conference will deal in a very particular way with a classic problem in public affairs: the relationship between the individual and society. Sexuality and love relate to the most individual and personal dimensions of life.

"While the term 'establishment' is often used in the vaguest fashion, in the context of this conference it simply refers to the social system in which we live.

"So, in a way, this conference poses the question, 'Can one be a genuinely human person in a society such as ours? Does the revolt against 'institutions' signal a new awareness of what it means to be a person (including the expression of sexuality and love) or do our institutions, albeit with imperfections actually allow a high degree of individuality and personal growth?

And again from the introductory letter:

"We are bringing as conference leaders, Dr. Mary Calderone, Sex Information and Education Council of the U.S., Dr. Henrique, Director of the Centre for Multi Racial Studies, Barbados, and Dr. John R. Seeley, Sociologist of the University of California (formerly of Toronto and York). In addition, there will be qualified resource people and discussion leaders."

These people were:

Resource Leaders

Dr. Michael Creal, Dean of Humanities, York University Conference Program Chairman.

Dr. Vivian Rakoff, Clarke Institute of Psychiatry

Dr. J. R. Wilkes, Clarke Institute of Psychiatry

Mr. John Mays, Lecturer in Humanities, York University

Discussion Leaders

Ralph McKim, Clarke Raymond,

Cyril Greenland, Don MacNeill, •

Elizabeth Kilbourn, Shelley Finson,

Katherine Stewart, Bruce Alton.

Arrival at the Conference

It was impossible for me to arrive at Geneva Park for the Saturday evening opening session when Dr. John R. Seeley gave the theme address, 'Love and the Establishment' (He preferred this title to the one given in the conference brochure, 'Eros and Civilization'). Later I obtained a copy of this address and read it carefully.

Further on in this article I shall quote a few excerpts when I attempt to describe the impact of this conference on me as a participant.

I did arrive Sunday morning — a beautifully hot summer day — July 26 — in time for the chapel service. This was a very simple but effective service consisting of selected readings, hymns and songs, along with a short talk — not a sermon — given by Dr. Robert McClure, Moderator of the United Church of Canada. He was informal, yet inspiring and enlivened his talk with that sometimes wry humour for which he has become well-known during his term of office.

Program of Conference

From then on the program followed the pattern of assigned small group discussions in the morning from 9:30 a.m. until lunch hour; afternoons in self-selected larger groups meeting under the trees with the "big-name" leaders; or, as it was described, "Conference buddhas will be available under their favorite Bo trees."; evenings in plenary session in the conference hall, Dr. Henriques as special speaker Sunday evening, Dr. Mary Calderone on Monday.

One of the evenings was taken up by a performance, "Love Is . . ." excellently staged by the Ontario Youth Theatre also in conference at Couchiching at this time. The last evening was a plenary session with no special speaker but with the morning discussion groups reporting briefly on their meetings. A free-for-all time for questions and comments followed. This was filmed, in addition to a panel discussion by the leaders, by the CBC and broadcast at a later date. The TV cameras were in evidence at other times during the conference. On August 13, a one hour program was presented over national television in which they presented

scenes from the conference — a kind of capsule form incorporating speakers, panel and audience discussions, and views of out-of-door discussion groups.

Incidentally, both females from the Maritimes to whom Michael Ballantyne referred in his account and commentary of this TV presentation given in the Montreal Star, were one and the same — your CHEA representative!

For the balance of this report, I propose to write briefly of my impressions of the speakers, their messages, and the effects of the morning discussions on myself, and, as far as I could observe, on the other delegates.

The Theme Speakers

On Dr. John Seeley's splendid address I can report only on my reading of it. I gathered from verbal reports the next day that it might better have been used as a powerful closing address rather than an opening one. Conference members were not *ready* for it as an introduction: it was too intellectual too remote from the work-a-day world they had just left and required too great a degree of concentration in order to comprehend Seeley's message properly: I would concur with this. In fact on rereading it before writing this, I am struck afresh by its depth and insight; my own having grown considerably since last July, perhaps . . . ?

Dr. Seeley was concerned with what appears to him as a vast movement within all of society the world over, "a social storm — a cultural hurricane" — an "assault (which) ranges in form from violent insurrection (to) the creation of new communes and counter communities . . ."

He spoke of us human beings as plunderers —

"It is not that we have accidentally or unknowingly plundered the planet and begun the probing of space with identical posture and purpose. It is that we are *in principle*, plunderers. "With what moves beneath the movement, all are in some sense, in touch; some more, some less . . . It is, at a first approximation, perhaps, a brotherhood, a sisterhood of the oppressed."

The choice an individual makes in becoming one of this brotherhood or sisterhood, "involves often the abandonment of careers, homes, families, securities, life-chances — even the abandonment and remaking of the existent and empirical self, so carefully domesticated and socialized."

"It is a confused and confusing scene; as confusing doubtless, as that attending the birth or emergence of anything that comes subsequently to be seen as a new civilization."

So seriously does John Seeley take this movement in world society! And what does he say of *Love* again in his conclusion?

"By love, I take it, we mean what is unitive."

Seeley had spoken of many kinds of love — erotic, parental/filial, communal, civil, 'the love that passeth understanding'.

My last two quotes from Seeley's address are these:

"Whether what I have been calling, 'the movement', the general passionate thrust against the primary distortions of this civilization, *will* articulate the many loves represented in and so powerfully moving in it, is by no means clear . . ."

"The Universe will doubtless be one, with or without *us*. We shall be in it either way — in full and loving recognition, or failing that, doubtless, as dust."

For a report of this nature, I have quoted Seeley at some length perhaps. I have done this in order to give a true interpretation of what I took it that this conference was intended to mean to us: an enlargement of our understanding of the all-embracing nature of human loves and their implication for our advance or downfall as a civilized compassionate brotherhood of man.

Dr. Henriques, a dynamic and forceful personality, concerned himself chiefly with the implications of human sexuality and the problems of the twentieth century family in terms of this. He reminded us that we have moved from a clandestine form of sexual activity to a different conception of the relationships possible, between man and woman. He said also, in regard to the activities of sex as such that

"... the churches are fighting a rather desperate rear-guard action in regard to the containment of sex within marriage."

Henriques said that the orthodox establishment view of sex is that the boy or girl who will enjoy extra- or pre-marital sex will also be the one who would steal or commit other forms of theft against society. He does not hold this view or equate the sex act outside of marriage with sin or crime. He feels that there is much education needed to change the thinking of a romance-oriented conception of courtship and marriage — to the conception of man's (or women's) sexuality as a driving force in life with the love act and marriage relationships only part of

that total sexuality, important as they are.

Later, in a discussion following his address, Dr. Henriques asked us about some of the basis of our racial prejudices, and if we did not think that much of prejudice is due to sexual fears. He also suggested that mothers must face up to the problems of increasing sexual relationships among our teen-age unmarried young people, and whether or not they would, or will, give 'the pill' to their daughters.

Dr. Mary Calderone impressed me as being a very gracious 'self-actualized' compassionate woman, truly dedicated to her work as Executive Director of the S.I.E.C.U.S. To quote from the prospectus:

"She is the pioneer of sex education in the U.S. and has been trying to bring about the teaching of sex in the schools for years."

She told us that she has suffered all kinds of abuse because of her work, but that she expects to keep on in spite of it. Her ideas are gaining acceptance particularly with intelligent enlightened people who really care about the well-being of our children and youth. Many of you who read this are doubtless much more familiar with Dr. Calderone than with Dr. Henriques or Dr. Seeley, so I shall not enlarge upon her address. However, I would like to give two examples of her thinking as she shared her ideas with us:

(1) the child needs socializing education outside his own immediate family and kinship group: one of the best arguments for sex education in the schools. SIECUS is mainly interested in creating a sane and wholesome attitude in society towards sex and

sexuality — to establish sexuality as a health entity.

(2) from the latter part of a section of her address in which she had been speaking of the various upward moving stages of an individual's moral development: the third, post-conventional stage of moral development few reach. This is when one's conclusions run contrary to convention and personal principles are paramount and in control, and the individual lives by these. Most men and women never reach this third and highest moral stage — most stick at the second conventional stage. The third stage is characterized by compassion, love, identification with one's ideals, etc.

The Morning Group Discussions

The group (No. 6) in which I was placed, with our leader, a United Church Worker, was made up of a baker's dozen of oddly assorted people: a business man, a public relation man with a drug firm, a housewife, a teacher, an architect-engineer, a labour union man, a Roman Catholic educator in the area of Family Life, a university lecturer in the Humanities, a member of the John MacMurray Society, (that was a new one for me!) a newspaper woman, a career girl, a troubled young married woman who is a 'working mother', and myself, a retired Home Economist.

This groups not only represented different races, but varied patterns of living including homosexuality, Christianity and agnosticism.

One might well wonder what we would or could have in common. Nevertheless during our morning sessions we did move from a disparate group of strangers to a real meld of

mutually concerned and friendly human beings! Without any histrionics or 'sob-stuff' or 'baring of souls' in the sense of the old Moral Rearmament type of thing, we *did* share with each other some of our problems and deep concerns, our hard-won solutions to individual problems. For a few at least, I believe, it was a vital and transforming time.

Conclusions

We are in a period of social upheaval when old traditions no longer have the influence over 'manners and morals' that they used to have. More and more thinking persons are trying to reach that third stage of morality where one lives by one's principles regardless of tradition or convention. And this is not to throw away a high sense of moral behavior or principles which are, in the essence, of the "love thy neighbour as thyself" philosophy.

We came to no solutions of the problems facing us in this materialistic era. *Love* in its broadest sense does seem to be *against* civilization as we observe it and live in it today.

Nevertheless, in spite of hearing no glorious recipe for the perfect and satisfactory life, I left Geneva Park and the Couchiching Conference 1970, feeling that, for me at least, it marked a decided deepening of my appreciation of "the other person's" point of view. The friendly contacts made with types of personalities which before were unknown quantities to me — the informal after-hour discussions in the bedrooms, lounges, by the lake, over a coffee, — culminated in renewed optimism for the possibilities for greater tolerance and true loving concern in our relations with each other.



WHAT'S NEW

by MARJORIE ELWOOD

Reformulated

This is what has happened to Betty Crocker's Golden Pound Cake Mix. So now it is richer and more moist, with a soft texture and fine grain. Also, most everyone will be delighted that the lemon flavoring has been omitted. Noreen Bennett, General Mills home economist, presented this pound cake as part of a delightful sweet fondue dessert recently. Here is the recipe — blend together 15-oz. package Betty Crocker Chocolate Fudge Frosting Mix, $\frac{1}{4}$ cup water, 2 tablespoons corn syrup, 2 tablespoons Cointreau or Grand Marnier and 1 teaspoon vanilla. Pour into fondue pot and heat slowly over low flame, stirring frequently. Let each guest dip into the hot fondue with chunks of golden pound cake, angel food cake, banana slices, pineapple chunks, marshmallows, apple slices or mandarin oranges, then dip in chopped nuts or coconut.

Gourmet Skillet

Here is a skillet designed by Corning for real performance as well as beauty. Its round shape and slanted sides make it ideal for the blending and stirring of mixtures and its two pouring lips assist in easy removal of food. This 10-inch skillet is made of glass ceramic, has a black phenolic permanently attached handle with a hole for hanging the pan on the wall — it's dishwasher safe too. Corning has made this skillet an ideal

acquisition for one-dish meals and buffet supper-type dishes. The suggested retail price is \$11.95.

Youngsters Ask For Seconds

McCain Foods of Florenceville, New Brunswick, have another "first" on the market in their new Dairy Smooth Pudding. Look for 18-oz. bright orange cartons of this pudding in the frozen food cabinet in flavors of Dark Chocolate, Light Chocolate, Vanilla and Butterscotch. Each carton contains 4 half-cup servings that appeal to both young and old. This pudding is delightfully creamy smooth, being made of natural dairy products, such as skim milk powder, sugar, butter, cocoa and tapioca starch. Dairy Smooth may be thawed, unopened, in the refrigerator for 24 hours or, for quicker use, placed unopened in cold water for four hours before serving. For extra glamour, this dessert may be topped with nuts, a sundae sauce, fruit or coconut. Its extra bonus is that it can also be used as a filling for tarts, cupcakes and eclairs.

Counter Saver

A unique, smooth piece of glass ceramic by Corning that fits flush into any kitchen counter top. It is made of the same type material as Corning Ware products, so it will take all kinds of hard treatment — bubbling hot casseroles don't blister or scar it; carv-

ing a roast on it doesn't scratch its surface and it's an ideal work surface for rolling cookie doughs and pastry and making bread. It's non-porous and non-absorbent, so virtually nothing sticks to it, no odors cling to it and a damp cloth keeps it sparkling clean. The Counter Saver, made of hard, white Pyroceram material, has a stainless steel rim and is available in these sizes — 11 by 15 inches, 16 by 20 inches (the most popular) and 18 by 24 inches. It's good looking. It's practical!

Fun To Cook

Ronson has two varaflame butane flame products that make cooking and entertaining the pleasure they should be. One is the Varaflame Table Chef that enables you to cook right at the table with no smoke, no odor and no splatter because the fuel is smokeless cleanburning butane. It has an adjustable 12-point flame that spreads the heat evenly and adjusts from low to high heat by finger-tip control of a small dial on the handle of the burner unit. The De Luxe stand model retails for \$39.95, while the standard stand model is \$29.95. Both Table Chefs are sturdy; yet lightweight and completely portable so they can be used indoors or out, on the patio or by the pool.

The other Varaflame product is the Cookette — a butane food warmer with a six-pointed flame that heats evenly and also adjusts from high to low. It will burn up to 6 hours on low flame and can be refueled in seconds. It retails for \$14.95 — terrific for buffet suppers.

Snacks For Entertaining

Bluewater Seafoods Limited have created two tasty snacks that are popu-

lar with the cocktail crowd — Had-dock with Shrimp and Cod with Lobster stuffing. They are packaged 22 bite-size pieces to the box, are frozen and need only 7 to 10 minutes in a hot oven to make them a golden brown batter tidbit. The suggested price is under a dollar per box.

Loose Change

Fabrilock is a wear-resistant film developed by B.F. Goodrich, which, when fused to the inside bottom three inches of pants' pockets makes them hole-proof for the life of the garment. Another use for Fabrilock is as reinforcement for the knees of boys' pants — makes them last nine times longer than unreinforced material. For further information about this product, write to Trevor L. Jones, Public Relations Manager, B. F. Goodrich, Ltd., Kitchener, Ont.

Fonduing Is Fun

Most entertaining is informal these days and when there is an electric fondue pot to add to the fun, is really breaks the ice at any party. The Filtro Electric Ltd., John Oster Division, Orangeville, Ont., has just such an appliance to simplify entertaining, whether it be for brunch, an informal supper, or a midnight snack. This attractive electric fondue pot comes complete with the element on legs, removable controls, a teflon pot (great for cheese and chocolate fondues), a set of 6 long stainless steel fondue forks and an excellent instruction and recipe booklet. The suggested retail price is \$34.95 but it has been seen as low as \$24.50.

Watch also for the Oster Electric Chafing dish which will be introduced on the market this spring.

Excitement at Moffats

In January of this year, Moffats became part of the largest manufacturers of appliances in Canada. So that now Moffats G.S.W. (General Steel Wares), an all Canadian corporation represents the strong combination of trusted Canadian brands. Over the years, Moffats appliances have received top consumer acceptance because this company has always designed their appliances with the consumer in mind as far as ease of operation, contemporary styling and durability are concerned. This is possible because of their continuous programme of consumer research, field testing and quality control. The 1971 Moffat appliances as described here are further proof of this consumer oriented thinking.

Ranges

Moffat 1971 ranges are a true servant of kitchen creativity. They are available as electric or gas ranges in 24 and 30 inch widths in white, harvest gold, avocado green, antique copper and the exciting new Matador Red. Extra features include self clean or continuous cleaning ovens, rotisserie, roast meter, lift-out surface elements and infinite heat switches.

Refrigerators

In 1971, Moffats refrigerators begin at 4.5 cubic feet and are as large as 24 cubic feet. In all colours, these frost free refrigerators have such attractive features as cantilever shelves, butter conditioner, meat keeper, porcelain crispers and roll-about wheels.

Washers and Dryers

New things have happened here. 2-speed or vigorous washing action, spiral agitator, recirculating lint filters

and detergent dispensers are some of the features that simplify the washing of all our new fabrics. And it would seem that Moffats have solved all drying problems too, by having automatic dry cycle, infinite heat selection, a germicidal lamp and all porcelain top and drum in their 1971 dryers.

Dishwashers

All kitchens should include a Moffat dishwasher. This year there is quite a choice — a top loading portable, a front loading convertible or an under-counter built-in with such extra features as 2-speed gentle wash, by-pass faucet connectors, porcelain enamel tubs, Ultra-Clean booster heater and double walls in the tubs for a quieter operation.

Lightning Nylon Invisible Fastener

Achieve the "no zipper" look in fashion with the Lightning Nylon Invisible fastener. Made of lightweight, flexible nylon, the Lightning Invisible fastener will become part of the garment itself. Sew in easily and safely, with the special Lightning Sewing Foot.

Classroom literature is available from Lightning Educational Service, St. Catharines, Ontario.

PRINTER'S DEVIL

January 1971 — Volume 21, No. 1

P.48 — The book "Cooking of India" was reviewed by (Mrs.) Mary Lou Carter.

P.25 — Reference 8 should read "Sinclair, Dorothy" not "Stevens, Dorothy".

WELCOME

New Members November 1970:

British Columbia

Mrs. Lynn M. Nattress, 305 - 140 West Fifth St., North Vancouver.

Manitoba

Miss Karen E. Anderson, Box 310, Churchill Vocational Centre, Fort Churchill — Teacher.

Mrs. Barbara Metcalfe, Treherne — Government Extension Home Economist.

Ontario

Miss Karen O'Rourke, 4 Firwood Cres., Islington — Extension Home Economist.

Mrs. Ravinder K. Sidhu, 504 - 2225 University West, Windsor — Graduate Student.

Mrs. Mervyn M. Stein, 525 Huron St., London — Homemaker, Gourmet Cooking Teacher & Consultant.

Miss Lynda Lanktree, 12 Christopher Dr., Galt — High School Teacher. Graduate 1970.

Quebec

Mrs. Irene Marotta, 120 - 35 Brunswick Blvd., Dollard Des Ormeaux — High School Teacher.

Miss Diana Strynadka, Dominion Textile, 1900 Sherbrooke W., Montreal — Education & Fashion Consultant.

New Brunswick

Miss Shirley Myers, Apt. D, 731 Irvine St., Fredericton — Program Specialist Home Economics Branch, Department of Agriculture.

Nova Scotia

Sister Christina Chiasson, New Waterford Hospital, New Waterford — Home Economics Teacher.

New Members December 1970:

Ontario

Miss Catharine Ann Lambert, 130 Thompson Ave., Toronto 570 — Teacher (Associate). 1970 Graduate.

Mrs. Mary Anne Randle, 209 Reginald Rd., North Bay — Teacher.

New Brunswick

Mrs. E. J. Whalen, 117 Donaldson St., Saint John — Home Economist Saint John Area Milk Foundation (Associate).

New Members January 1971:

Alberta

Miss Dianne Gibb, Box 429, Westlock — District Home Economics. 1970 Graduate.

One sign that a man is grown up and is no longer a child is that he does not regard learning as work.



ABSTRACTS OF CURRENT LITERATURE

*Submitted by the staff members
of The Faculty of Food Sciences,
University of Toronto, Toronto, Ontario*

Man — and the re-humanization of color

William C. Segal
1970

American Fabrics, 88: 51

The 20th Century impetus toward a mechanized, de-humanized society is, hopefully, just now being checked by man's realization that he must learn to understand and respect his natural environment. An illustration is apparent in the area of art and design. The 19th Century development of synthetic dye chemistry by Perkins and followers opened up a vast variety of new colour possibilities — not an unmixed blessing. Before, an artist-colourist assembled colours painstakingly, according to the limitations of materials, the social response of his chosen audience, even philosophical beliefs about colour significance. (An example: precious lapis-lazuli blue was reserved by medieval painters for the robes of Christ and the Madonna). Since Perkins, however, colour, because its so available, has been used frequently in a careless and undisciplined manner. A re-assessment is in order.

This article is actually a discussion of a remarkable new publication, the *American Fabrics Color Sourcebook* by Margaret Walch. From the colours in Egyptian tombs, to the American Pop-Art palette of the 1960's, this book deals with colour expression throughout history. The distinctive colour palettes of great artists are illustrated and explained, as well as those assembled by anonymous craftsmen

working in such diverse media as Chinese porcelain, Gobelin tapestries, American Colonial interiors, African batiks, and many others.

Many historical colour palettes are too restrictive or otherwise inappropriate today; strict adherence to them is not recommended. However, a knowledge of, and sensitivity to man's colour heritage will result in more economy and excellence in contemporary colour usage.

Cottage cheese shelf life and special gas atmospheres

C. R. Scott and H. O. Smith
1971

Journal of Food Science 36: 78

In view of the limited information that is available with regard to the shelf life of cottage cheese, the purpose of this study was to evaluate the effect of air, carbon dioxide and nitrogen atmospheres on the shelf life of cottage cheese under controlled conditions.

Creamed, small-cured cheese obtained from two different firms, 4-12 hours after commercial packaging were stored in special all glass containers for 10 to 12 days at 3-4°C under air, nitrogen and carbon dioxide atmospheres. The following tests were carried out: (1) Head space gas analysis for carbon dioxide, nitrogen and oxygen with mass spectrometer; (2) Bacterial count (total plate count and psychrophilic count) and (3) Taste panel evaluation using the flavour portion of the American Dairy Science Association cottage cheese score cards.

The results indicated that in the presence of air due to microbial growth there was a slight increase in carbon dioxide and a reduction of oxygen in the head space after 10 days of storage. In the presence of carbon dioxide the amount of this gas decreased which was attributed to an uptake of carbon dioxide by the cottage cheese resulting in an inferior flavour quality as indicated by the taste panel whose comments of these samples included "tart", "sour", "has a bite".

Their results also indicates a lower bacterial count of both mesophiles and psychrophiles when carbon dioxide was the head space gas. This inhibition however was not attributed wholly to lowered pH which was very slight. Similar results were also obtained for nitrogen as the head space gas.

The overall indication of this study was that packaging cottage cheese with either carbon dioxide or nitrogen will not increase the shelf life of the product under refrigeration. In fact, if carbon dioxide is used a changed flavour was detected.

Development and product applications for a high protein concentrate from whey

T. W. Craig, J. C. Colmey,
L. H. Francis and N. W. Herlihy
1971

Food Product Development 4: 92

Dairy whey currently a pollutant is converted into a whey protein concentrate (WPC) with valuable nutritional and functional properties. The process combines demineralization, lactose and water removal from liquid whey after pH adjustment to 6.2 to 6.4. The protein level of WPC is 30 to 35 per-

cent on a dry solids basis. This is approximately three times the protein content of regular dry whey. The protein is made up of 54 percent α -lactoglobulin, 27 percent β -lactalbumin and 13 percent immunoglobulin. Amino acid analysis indicates high lysine value. The protein efficiency ratio shows a value of 2.80 compared with that of 2.50 for casein. Except for niacin the vitamin values compare favourably with non-fat dry milk. Flavor profile analysis describe an overall impression of WPC as slightly sweet and bland with some mouth cooling effects. A study of the product's functionality indicates that food solubility is found at concentrations up to 25 percent at temperatures less than 45°C for all pH values. A combination of low viscosity and negligible water absorption makes possible a readily pourable solution containing up to 50% of WPC at all pH values. The extensive protein solubility would allow its utilization in nutritional beverages as a supplement to juices, milk chocolate, or ready-to-eat cereal. Gel formation occurs in alkaline regions. Due to its high content of lactalbumin which is noted for its foam generating capabilities, WPC can be used in whipped systems both alone and in sugar solutions. WPC is produced by the Foremost Foods under the name of Fore Tein.

Guidelines for happier living in high blocks

A report on the problems of living in tower blocks of flats by the Housing Sectional Committee of the National Council of Women in Great Britain
1970

Journal of the Institute of Housing
Managers 6: 3

At present anywhere from 50 to 70% of new Canadian housing construction is in apartment-type dwellings. It is understandable then that there is increased concern for the well-being of families who will live in them.

This report indicates that there are roughly seven areas of importance in which solutions to known problems are available. The crux of the matter would certainly appear to be the means of implementation.

1. *Noise* which has been proven to lead to lowered hearing capacity can be reduced through better internal planning of room and service area useage as well as the use of insulating materials. Improvement in reduction of air-borne noise can be achieved through careful building placement and tree planting — Cost is a very limiting factor in these solutions.

2. *Isolation* has been found to contribute greatly to ill health and neurosis. Isolation problems increase with the age of the occupant but is also very evident in young mothers. Solutions can be found by including communal rooms and garden areas, shops and recreational programmes and good housing management.

3. The problems of *children* are closely linked to those of the mother and like isolation can lead to mental and physical illness. Solutions can be found through better play areas and communal activities.

4. *Buildings* can be criticized for poor design of balconies, elevators, toilets not available for children near their play areas, garbage disposal, entrances not adequate for carriages, bicycles and toys, laundry facility use and placement, inadequate storage space and communal meeting areas.

5. *Environment* examination shows more care is needed in the design of the immediate surroundings; the building orientation to sun and wind; privacy; parking; space, television reception and accessible shopping.

6. Provision for *Caretaker* services to insure trouble-free occupancy, to maintain good standards in care and and cleanliness of public areas and to be available in emergency situations.

7. The importance of good *Management* cannot be overstressed to insure that tenants both fully understand the equipment in the building and make full use of the available facilities.

The high rise blocks should always be questioned for family living, since Gropius showed as early as 1935 that an equally high concentration of people can be accommodated in two or three storey housing as can be accommodated by high rise.

Worldwide synthetic fibre marketing trends

W. H. Poisson

1970

American Dyestuff Reporter,

Vol. 59, No. 4: 40

The author, reporting on synthetic fibre marketing trends, points out that today the world's 640 synthetic fibre plants have a daily output of 10,300 tons, supplying 24 per cent of the current demand for textile fibre. The synthetic fibres industry has experienced an average 20 per cent per year growth since 1955 but the average annual growth forecast for the next 5 year period is about 12 per cent. The industry has begun to show signs of self-imposed constraint in expansion plans. It is expected that total market penetration will not exceed 30 per cent in

1973. This is not as modest a forecast as it might seem for it implies a 75 per cent expansion in production in the next 5 years.

It is forecast that the Taiwan/Korea trading block will soon rank with the group of major synthetic fibre producers, including the U.S., Japan, Germany, the U.K., Italy, the U.S.S.R. and France. The entrance of the low labour cost area in world fibre markets will bring new tensions and restraints into an already very intensely competitive field of endeavour.

Basing its processes primarily on the following chemicals: ethylene, propylene, butadiene, cyclohexane, toluene, p-xylene, ethylene glycol, and methanol, also, nitric acid oleum, ammonia and chlorine, of which some are currently available for as little as 3.5¢/lb; the synthetic fibres industry produces about a dozen generic fibre types. Production by fibre type, according to 1968 statistics is as indicated;

*Share of synthetic
fibre market*

polyamides	43%
polyesters	29%
acrylics	19%
olefins	6%
others	3%

Polyester fibres and not acrylics have emerged as close rivals to nylons. Olefins promise to attract growing interest in the form of stretched tapes and split fibres from films to be used as alternatives to leaf and bast fibres (e.g. sisal and jute). Even the ingenuity of Japanese manufacturers has not produced ready solutions for the elimination of certain weaknesses inherent in olefin fibre merchandise, e.g. susceptibility to oil staining, flammability, poor

U.V. Resistance, poor shape retention and colouring difficulties. Interest in this fibre type for use in clothing is not expected to increase in the near future.

Generally, the contribution of the synthetics to the textile market is probably greater than the 24 per cent share of total textile consumption indicates. The inherent durability and other aspects of satisfactory performance in selected merchandise categories is not measurable in lbs. of fibre consumed.

LECTURER

OR

ASSISTANT PROFESSOR

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Position open in Textiles and Clothing. Master's required. Salary scale minimum: Lecturer — \$9,450; Assistant Professor — \$11,750. Rank and salary dependent on qualifications and experience. Duties to begin September 1, 1971.

Apply to:

Mrs. Linda Matthews McKay,
Acting Head,
Department of Home Economics,
University of Windsor,
Windsor, Ontario

In the years to come, the accent will be on the needs and problems of women in the developing countries, for these are vast and urgent. Progress is slow, because improvement is balked by the inertia of customs, attitudes and law.

Lessons in Living

Martha J. Davis and
M. Yvonne Peeler
1970

Ginn and Company

Compared to *Lessons in Living* most text books look deadly. The sketches, the colors, and the use of space will appeal to grade 8, 9, and 10 students. This book is divided into four units — foods, clothes, relationships and citizenship. Each unit has several lessons.

The unit on food, unfortunately for us, begins with “the Basic Four”. It includes everything from the basic use of recipes and working with others in the kitchen through topics usually taught at higher grades. Perhaps a fault of the book is that it is trying to be all things to all people. Consequently, it touches (lightly) everything likely to be taught in a home economics class — and more.

The clothing section includes lessons in design and consumer education that would be worthwhile at the high school level. In clothing construction, as with most topics, the information is brief but does not cover the basic learning necessary for all students. It would probably be very satisfactory for a broad, general course.

This is especially true of the unit on citizenship which includes “you — in your home,” “in your neighbourhood,” etc. With this unit and the unit on relationships there it is very likely to be an overlap with other subjects being

taught, especially health. (The clothing section includes care of body, complexion, hair, teeth, hands and feet.) Nevertheless, the relationships unit contains information that is important for the grade 7, 8 or 9 student for living in her family and for babysitting.

Learning for Living seems like easy reading. The language is simple and key ideas are often listed in point form. However, the main reason is the format. Most students will like the fact that there is not a full page of print in the book. Each lesson begins with “Words for You to Know” and “Ideas for You to Talk About.” Frequently the page is broken up with the heading “What Do You Say?” This heading appears so often (frequently twice on one page) that one can’t help wishing the authors had chosen a more imaginative title — and many of the questions require little thought or application of learnings.

Each lesson concludes with “Ideas for You to Think About” and “For You to Do.” Students will feel the book is written for them and with their interests at heart. Because this book is likely to appeal to students it is worth investigating to see if it goes into sufficient depth to be useful in your classroom.

Reviewed by

(Mrs. R. C.) Donna Westendorf
Hillcrest High School
Ottawa, Ontario.

The Wide, Wide World of Texas Cooking

Morton G. Clark,
Funk & Wagnalls
New York, June 1970
371 Pages, \$12.95

The myth that cooking in Texas consists solely of barbecued steaks has been totally demolished by Morton Clark in his latest cook book, even though he does admit to their popularity. On the other hand he goes to considerable length to show that Helen Corbitts exotic tastes made famous through the Neiman-Marcus emporium do not hold true as being particularly native to the Lone Star State either. There is definitely a meat and potatoes — no nonsense approach to his wide assortment of recipes, unadorned by sketches or photographs.

The 340 well organized recipes reflect the state's colorful mixture of peoples. As may be suspected native Texas food is a combination of many cultures. Although basically English in origin there is a very strong Spanish-Mexican influence and one whole section deals with native foods such as Tortillas, Tamales etc. in detail.

This very extensive book includes recipes covering every type of food from appetizers to desserts, as well as information on how to cope with the wild game indigenous to the state, rattlesnake included. Each segment commences with interesting background information. The recipes are clear and easy to follow with good descriptive information accompanying them, although some of the ingredients may be next to impossible for Canadians to find even in specialty stores. For native Texans and anyone involved in the growing interest in southern and

Mexican food here is another very informative Funk & Wagnalls book to look into.

Reviewed by

Mrs. Patricia Harvey,
The Canadian Dairy Foods Service
Bureau, Toronto.

Behind Every Face A Changing Person

Arthur Fane and Xenia Fane
1970

Ginn and Company, 101 pages

Recommended for Secondary School
Home Economics Department Ref.
files.

This is the second book in the series on the Family which deals with the individual and the problems he faces within himself and within society. It is geared to the adolescent and his maturing process.

It's format includes excellent up-to-date pictures, well layed-out chapters with suggested activities concluding each chapter.

This book could be used in dealing with individual development of the teenager and young adult.

Some of the sections of the book include: basic functions of the family, basic needs of family members, how the family determines values; the individual and the family; living in a community, what it's resources are, how to fit in to a larger society; personality and friendship which includes definitions and types; how to make the most of school; looking ahead to a career; safety in the home; facing problems such as smoking, drinking, marijuana; meeting the world of to-morrow; dating, courtship and sexuality and the responsibilities which surround each of these topics; the final chapter discusses the engagement period.

This is an inexpensive book and will be easily read by students.

Review by a grade 11 student

I think it was worthwhile reading. It deals with subject topics that were on this and last year's home economics course. Also it gives you a broader outlook and makes you more aware of the subjects it deals with.

It's a good review to read at the end of your course — ties everything together concerning personality and values, family, community and future.

At the end of the chapter, the activities would be a good place to refer to for projects.

It was easy reading and chapters like three, four and eight make it especially interesting.

Reviewed by

Mrs. Lou Ann Newson,
South Grenville District High School
Prescott, Ontario.

Behind Every Face A Family

Arthur Fane and Xenia Fane
1970

Ginn and Company, 92 pages

Recommended for Secondary School
Home Economics Department Ref.
files.

This is a final book in a series on the Family. The authors state, "This book is concerned with the individual who is planning to have a family or who may already have a family."

This book could be used as a reference book for senior work when dealing with the family in the beginning stage of the family life cycle.

The layout of the book is easily read and is in a question and answer form with some thought-provoking questions at the end of the chapters.

It is heavily geared to married people and should therefore be used with this in mind.

The areas which are approached include:

Responsibilities of parenthood

Establishing family goals

Economic considerations for the
growing family

Preparing for the new baby

Physical development of babies

As children get older.

The last section has excerpts from books and magazines and deals with the following subjects: problems of a couple whose parents disapprove of their relationship, effects of a broken home on a now famous entertainer; effects of a new baby on an established family pattern and the last excerpt deals with the process and consequences of arrest.

Reviewed by

Mrs. Lou Ann Newson,
South Grenville District High School
Prescott, Ontario.

Booklets and Pamphlets (described, not reviewed)

Handy Nutrition (revised 1970)

A pocket-size reference booklet including nutrition information on calories, carbohydrates, protein, fats, vitamins, minerals, Canada's Food Guide and meal planning.

This Is Milk

A 24 page booklet providing information about kinds and uses of milk, nutrient content, processing and government regulations.

The above booklets are available free of charge from your local Milk Foundation or may be purchased from

the Associated Milk Foundations of Canada, 2 Thorncliffe Park Drive, Unit 2, Toronto 17, Canada.

Symposium on Nutrition and Heart Disease

A report on the symposium on Nutrition and Heart Disease jointly sponsored by The Toronto Nutrition Committee and the Associated Milk Foundations of Canada, March 1970, is available from the Associate Milk Foundations, 2 Thorncliffe Park Drive, Unit 2, Toronto 17, Ontario for \$1.00.

This report includes speeches and group discussion and would be useful to Home Economists.

Factual Explanation of Bleach

Four page technical bulletin discussing bleach and bleaching techniques. Available in quantity from Harold Schafer Ltd., "Snowy Bleach", 116 Howden Road, Scarborough, Ontario.

Fine China to Cherish for a Lifetime

A 23 page booklet with coloured photographs and illustrations. Provides information on the history of fine china, manufacturing processes, selection, care, dining etiquette and the art of table setting. Available, free of charge, from Doulton and Company (Canada) Ltd., Lawrence Avenue East and Carnforth, Toronto 375, Ontario.

Who Makes it Possible De qui nous vient tout cela

A colourful booklet in English and French which discusses the history of Dominion Textile Limited, its products to-day and ideas for the future. Available, free of charge, from The Education and Fashion Director, Dominion Textile Ltd., 1900 Sher-

brooke Street West, Montreal 109, Quebec.

Your Linen Closet/Votre armoire à lingerie

A 23 page booklet designed to assist in the selection and care of linens. Available, free of charge, in English and French from The Education and Fashion Director, Dominion Textile Ltd., 1900 Sherbrooke Street West, Montreal 109, Quebec.

The Maytag Encyclopaedia of Home Laundry (third edition)

A paperpack book containing 26 chapters of comprehensive information about laundering and related subjects. Special price to educators: 25¢ per copy or \$19.00 per 100 copies. Available from: Home Service Department, The Maytag Company, Newton, Iowa 50208.

The Macaroni Story

Four page student leaflet containing information and recipes featuring macaroni. Available in English and French, free of charge, in quantity from the Home Service Department, Catelli - Five Roses, 1980 Sherbrooke Street West, Montreal 109, Canada.

From Wheat to Flour

An illustrated booklet designed to cover basic principles of the milling industry. Suitable for student use. Available free of charge from the Home Service Department, Catelli - Five Roses, 1980 Sherbrooke Street West, Montreal 109, Canada.

It would be easy to become carried away in the pressure of reaching a goal to the point of neglecting the people involved.

The Canadian Guide to Italian Cooking

A 24 page booklet with coloured photographs featuring 44 recipes for pastas. Available in English and French from The Home Service Department, Catelli - Habitant Ltd., 1980 Sherbrooke Street West, Montreal 109, Canada.

Films and Filmstrips (described, not reviewed)

Smug Duds Suds-In

A 16mm, 12½ minute, color sound film, includes tips on wardrobe selection and care. Illustrates the differences between "easy care" and "special care" fabrics. Tips on using laundry aids and selection of procedures for automatic

care. This is done within the day-to-day activities of two twin sisters — Patty, the know-how gal and Susie, the goof-off. They swim, ski, bowl, motor-cycle ride, go to school and play tennis.

Secrets For A Happy Hostess

A 16 mm, 12½ minute, color sound film. Step by step Patty and Susie plan the menu, soup, shop, prepare and serve the 20th anniversary dinner for their parents, and family to illustrate time and appliance-use management. The dishwasher and food waste disposer are highlighted.

Address requests for the above Maytag film(s) to: Home Service Department, The Maytag Company, Newton, Iowa 50208.

(continued on page 38)

Lightning Educational Service

Illustrated classroom literature on Lapped, Centered and Invisible zipper applications, is available to teachers of sewing and Extension Departments, free of charge.

We will be pleased to receive and service all requests.

Write to:

LIGHTNING EDUCATIONAL SERVICE

**50 Niagara Street
St. Catharines, Ontario**

THE DUTIES OF AN URBAN EXTENSION HOME ECONOMIST

by DIANA RODNEY

Information Officer

Dept. of Agriculture, Alberta

Alberta's first, and only, urban extension home economist sees unlimited possibilities for this type of service in our modern cities.

Miss Frances Cullen, district home economist with the Alberta department of agriculture, began work as a resource person with the city of Edmonton's Glengarry Community Service Center in 1969. The center is a neighborhood service unit serving north-east Edmonton with a population of about 60,000. It consists of a social service unit, day-care center and a parks and recreation section. The center provides services in community development, family counselling and public assistance. It also provides probation and youth programs, day-care for pre-school children, after-school care for older children and recreation and educational programs for both young people and adults.

A center like Glengarry, says Miss Cullen, has great advantages because one can call on the services of specialists in many fields when they are needed.

A large part of the extension home economist's work with the center involves motivating families to improve; organizing educational programs; and informing groups and individuals about available services.

Home management is the aspect of family life which most directly concerns Miss Cullen. She believes that

preventing family financial difficulties goes a long way towards promoting harmonious relationships among its members. Young couples who are just establishing a family are her main area of concentration. Helping them to become more efficient in home management often entails sitting down with both the husband and the wife to discuss realistic goals and values, Miss Cullen says. These must be compatible with the couple's income before a budget can be worked out, she explains. All aspects of good nutrition, especially for children, consumer buying and the use of credit are other areas in which help is often requested.

Miss Cullen co-operates with workers at the Glengarry Center in a variety of programs. One is a group of young home-makers who call themselves the "Glengarry Volunteers". They are providing leadership for mothers' groups, visiting families on public assistance who need help to stay within their budget, visiting senior citizens and providing care for the children of women who attend mothers' day programs at the center. Miss Cullen gives training in home management and comparative buying to these ladies. Part of the training involves touring supermarkets to compare prices and learn about good shopping habits. She also works, in co-operation with other center staff, with groups of mothers who meet at the center, as well as in churches,

schools and many other community facilities.

During the last year the extension home economist was closely involved with the local board of health, the Edmonton Catholic Women's League, the Y.W.C.A., hospital service units and Edmonton senior citizens groups. She also conducted workshops for several branches of international weight watching groups. Miss Cullen says there is ample opportunity for a lot more of this type of work if she only had more hours in the day. All these projects have to be fitted into the very limited free time she has from her duties at the center.

"The Northside Neighbor" newsletter is yet another project in which Miss Cullen participated. It reports the activities in the area served by the Glengarry Center. Compiled and published by local talent, the paper has proved a great success with the community.

Already this year Miss Cullen has received requests from city schools to give instruction and assistance at evening courses on home management subjects. She believes that it is time that more community use was made of urban schools. She also feels that there is a place for trained people to help elderly citizens with such things as living within their often very limited income, and in adjusting to special diets for chronic illnesses. In fact, she sees a great need for training programs for people who are interested in the elderly.

Despite heavy demands on both her time and her talents, Alberta's first urban extension home economist says she would not change her work for

anything. She stresses, however, that anyone doing this type of work must be genuinely interested in people, and must be able to respond to their needs as they see them. Once this fact is appreciated, the satisfactions derived from helping people to help themselves are unlimited, she says.

Films and Filmstrips (described, not reviewed)

(continued from page 36)

Textiles For To-Day

This recently revised film is now available for short loan terms to schools. Direct requests to The Education and Fashion Director, Dominion Textile Ltd., 1900 Sherbrooke Street West, Montreal 109, Quebec.

Feeding Your Young Children

35 mm. colour filmstrip. 60 frames. Provides practical guidelines for feeding preschool children and emphasizes building positive attitudes toward food and understanding the small child's developmental needs. Filmstrip and guide available for \$2.00 from National Dairy Council, 111 North Canal Street, Chicago, Illinois 60606.

Why should we be content to live in a workaday world, bare of the charm of good language, fine thoughts, and any meaning beyond that of immediate needs and their fulfillment by mechanic aids? The world of books is one where a man's mind is free to expand along lines he himself decides.

HAPPENINGS

Board of Directors' Meeting 1971

June 11, 12, 13, in Halifax —
Annual Meeting, Sunday, June 13.

University of Saskatchewan

The University of Saskatchewan has undertaken a five-year research and development project aimed at producing low-cost foods from vegetable protein.

This is a major attempt to help overcome a world protein shortage and at the same time provide expanding markets for Saskatchewan crops.

The Departments of Crop Science, Animal Science, and Dairy and Food Science are collaborating in the project, which is expected to result in the development of new crops, new products from these and existing crops and new uses of the products by consumers.

The researchers will extract vegetable protein from a wide range of grains and oil-seeds, assess the nutritive value of the proteins, and test them in food products. The most promising proteins will be produced in a pilot plant so that University departments and industrial collaborators can study how best to make use of them. Based on these studies, food manufacturers will be asked to produce sufficient quantities of finished food products for market evaluation.

Dr. F. W. Sosulski, of the Crop Science Department, is co-ordinating

the project in association with Dr. J. M. Bell, head of the Animal Science Department and Dr. E. S. Humbert, of the Department of Dairy and Food Science. Scientists with the Saskatchewan and National Research Councils and the Canada Department of Agriculture are expected to become involved through their facilities on the Saskatoon campus.

Two New Magazines

Consumers' Association of Canada (CAC) announced it is replacing its bi-monthly magazine with two new ones, one in French, the other in English. The former magazine was half-and-half English and French.

The English magazine will be called "Canadian Consumer" and the French one, "Le Consommateur canadien." The Association had been planning extension of its services to French-speaking communities for a considerable time. The recommendations of the Royal Commission on Bilingualism and Biculturalism reinforced the Association's decision to create two magazines. The contents of the two magazines will be similar but not necessarily identical.

The Home Economics Professional Ring

The Home Economics College Clubs at their Convention in 1966 introduced the idea of a professional ring and at

their 1967 Convention they adopted a motion stating that a ring be adopted as a national symbol, and that the ring may be worn by all graduates in Home Economics from Canadian Universities.

The yellow gold of the ring suggests the warmth of home and family. The many facets of the ring represent the many facets of Home Economics.

The purposes of the ring are: to act as a unifying force within the profession; to increase professional pride; to act as tangible proof of the ideals and ethics of the profession.

For the past three years graduates have received their rings at a special ceremony just prior to Convocation. Earlier graduates who wish to secure a ring must write to Mrs. Bradshaw, General Secretary CHEA, Burnside Building, 151 Slater Street, Ottawa, Ontario, and ask for an application form. The applicant must then have the form signed by an official from her alma mater attesting to her eligibility to wear the ring. She must then complete the form and send it, along with the ring size and the money, to Ames Limited, Jewellers in Saskatoon.

The Home Economics professional ring is a plain faceted gold band worn on the little finger, usually on the "working hand".

Canadian Dietetic Association Convention

Canadian Dietetic Association Convention, Hotel Fort Garry, Winnipeg, Manitoba, June 14-17, 1971.

Enthusiasm is interest plus energy, a wish to do something and the spirit to get on with it. It is doing things: not talking about them.

SUMMER COURSES AVAILABLE

Basic Design and Interior Decoration

Brescia College, University of Western Ontario, London 72. Home Economics — 23 — Basic Design and Interior Decoration. July 1 to August 15.

University of Manitoba Faculty of Home Economics Winnipeg, Canada

Summer Session 1971

64.419 Readings in Clothing and Textiles. Prerequisite: 6 credit hours of Clothing, 6 credit hours of Textiles. 3 hours of credit. Tuesday and Thursday evenings 7:00-9:30 p.m. May 11-June 17, 1971.

30.203 Introductory Nutrition. Prerequisite: standing in Organic Chemistry 2.122 July 5-23. 3 hours of credit.

30.316 Creative Food Management. Prerequisite 30.205. July 5-23. 3 hours of credit.

64.321 Textiles. Prerequisite: Standing in Organic Chemistry 2.122. Offered only if numbers warrant. 6 hours of credit.

64.405 Special Topics in Human and Family Development I. July 5-23. 3 hours of credit.

42.520 Teaching of Home Economics (Secondary). For students registered for the B.Ed. degree. 6 hours of credit.

Write to:

Summer Session Office,
Fletcher Argue Building,
University of Manitoba.

University of Alberta
School of Household Economics
Edmonton 7, Canada

H.Ec. 209 Introductory Textiles (Half Course).

H.Ec. 303 Home Management (Half Course).

H.Ec. 325 Nutrition (Half Course)

H.Ec. 355 Family Economics (Half Course).

H.Ec. 407 Tailoring (Half Course)

H.Ec. 427 Experimental Foods Lectures and Laboratory. Prerequisites: Chemistry 250. Household Economics 221 and 321 or Consent of the School.

H.Ec. 449 Family Relationships Colloquium (Half Course).

Mount Saint Vincent University
Halifax, Nova Scotia
Summer School

July 5 to August 14, 1971

Fee \$75.00 per 3-credit course.

Residence available.

Courses of Interest

Home Economics 603

Statistics

Home Economics 651

Consumer Education

Home Economics 610

Special Methods of Teaching Family Life Education

Home Economics 604

Methods of Social Research

For further information write to:

The Director of Summer School,
Mount Saint Vincent University,
Halifax, Nova Scotia.

University of Prince Edward Island
Charlottetown, P.E.I.
Summer School 1971

July 1 to August 18, 1971

Home Economics 441 — The Family
— Dr. Jean MacKay

Functions of the family cross-culturally, through time, and in contemporary society; normal physical, mental and emotional development of the child and adolescent.

Text: To be decided.

Prerequisite: One course in psychology, sociology, or anthropology.

Home Economics 451 — Consumer Education — Dr. Jean MacKay

Consumer behaviour and factors affecting choice in the market-place; consumption trends, consumer responsibility, problems, and protection; evaluation of consumer education materials and programs for various age and income groups; research.

Text: none assigned.

University of Saskatchewan
The College of Home Economics
Saskatoon Summer School 1971

H.Ec. 105A — Color and Design — no prerequisite.

H.Ec. 103B — Introductory Clothing and Textiles — Prerequisite — H.Ec. 105A.

H.Ec. 320A — Textiles — prerequisites H.Ec. 103B and General Chemistry (Grade 12).

H.Ec. 473B — History and Philosophy of Home Economics — Prerequisites—at least two university classes in home economics.

This class, is being offered at the suggestion of a group of educators who teach home economics at university and who met in Toronto July 1969.

Classes 320A and 473B must have an enrollment of at least ten. All four count toward the B.S.H.Ec. degree and the Home Economics major in the B.Ed. degree.

University of Ottawa

Faculty of Arts

Dietetics — Home Economics

Ottawa 2, Ontario

(Old Codes in Brackets)

Summer Evening Session

May 31-Aug. 26

SDT 1200 (DT 1402) Gastrology (6 cr.) — Eng. only.

Summer Day Session

July 5-17

SDT 2620 (DT 2432) Elements de Nutrition (6 cr.) French only.

SDT 1650 (SD 3412) L'Art et la Mode (6 cr.) French Only.

SDT 4171 (SD 4423) Consumer Economics (3 cr.) English Only.

SDT 4170 (SD 2442) Child Development (6 cr.) English Only.

The University of British Columbia

School of Home Economics

Summer Sessions 1971

July 5 to August 20, 1971

H.E. 201 (3 units)

Foods

H.E. 360-362 (3 units)

Decision-Making and Management in the family; Consumer Problems

H.E. 466 (3 units)

Special Problems: Design

H.E. 404-440 (3 units)

Home Economics Teaching Methods

Apply to:

The Registrar,

The University of British Columbia,
Vancouver 8, B.C.

Acadia University

Wolfville, Nova Scotia

May 17 to June 28, 1971

Home Economics 300 —

Human Nutrition — Elizabeth MacLeod, M.S.

A study of the nutrients essential to human life and well-being, their functions in metabolism and their sources in food as it is consumed. **FIRST SESSION.**

Prerequisites: Chemistry 100 or 160, or Grade XII Chemistry.

Text: Guthrie, *Introductory Nutrition*.

Apply to:

Director of Summer School,
Acadia University,
Wolfville, N.S.

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Retired Members \$10.00

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